

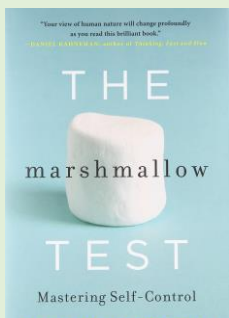
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Value: Self-Control (20.2.17-10.3.17)

Over 40 years ago a psychologist (Walter Mischel), at Columbia University, explored self-control in what has become known as the 'Marshmallow Test'. During this experiment pre-school children were given the option to have an immediate reward e.g. one marshmallow or wait for 15mins, whilst the researcher left the room, and receive a bigger reward e.g. 2 marshmallows. The study showed that some children were very creative in the ways that they showed self-control while others found self-control extremely difficult.

<http://www.bbc.co.uk/news/health-29307220>



Why not give this a try home?

Did you find this easy/ difficult, why?

What strategies did you use to help?

But the fruit of the
Spirit
is LOVE, JOY,
PEACE,
PATIENCE,
KINDNESS,
GOODNESS,
FAITHFULNESS,
GENTLENESS and
SELF-CONTROL.
Galatians 5:22-23

We have now learnt about four of the fruits of the spirit; kindness, joy, love and peace. Reflect on how you have been able to work these values in to your day-to-day life whether at school, at home or within our community. Self-control is also a fruit of the spirit, how will you show self-control?

